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*Quick Tips
for Backpack
Safety*

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**Don't Ignore Th
Important Warn
Signs**

- Headaches
- Neck Stiffness or Pain
- Low Back Pain, Ache or Stiffness
- Pain or Numbness in Arm, Hands
- Pain, Numbness in Legs, Feet
- Painful or Stiff Wrists
- Painful or Stiff Elbows or Other Joints

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Ventura Chiropractic Clinic

*Serving the Greater Kansas City
Area since 1978.*

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M-F 7:00

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or Backpack Safety

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the appropriate backpack
ld's age, height and weight.

wear both shoulder straps,
and waist strap, if applicable.

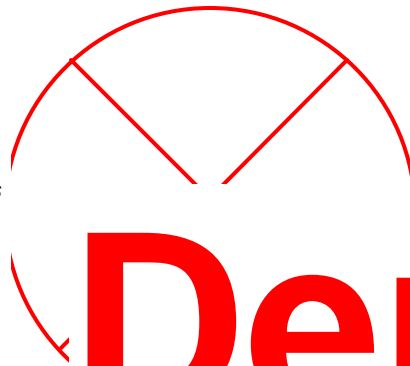


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no⁺ to
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*This
backpack is
too low*



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